ART UNLEASHED FOR CULTURE DAYS

POP/FOLK SINGER CAT JAHNKE HELPS KICK OFF A PROVINCEWIDE CELEBRATION OF THE ARTS PAGE 3

WINNIPEG metro

Tuesday, September 18, 2012

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No Jets — no problem

Optimistic outlook. Lockout shouldn't keep away customers, says Downtown Winnipeg BIZ

SHANE GIBSON
shane.gibson@metronews.ca

While the NHL lockout has left the Winnipeg Jets grounded for the start of the upcoming season, not all downtown businesses expect financial doom and gloom while fans wait for hockey to return to the MTS Centre.

"I'm a small business owner, so I have to be optimistic," said Kelvin Peters, who opened Arkadash Bistro & Lounge on Portage Avenue just down the road from the arena this past May. "There's been so much development and efforts in the area long before talk of the Jets ever came about, and I think we're part of that larger movement of downtown economic development."

Peters admits he'll lose around 100 guests on evenings the Jets would have been playing this year, but adds he doesn't rely on that revenue to survive. He's making a few changes to the plans he had for this fall including hiring less staff, but Peters said other events like concerts and the influx of people living downtown mean he'll make it through the lockout.

Stefano Grande, executive director of Downtown Winnipeg BIZ, agrees that business development in the downtown is strong enough to withstand the loss of revenue caused by a lockout.

"Jets or no Jets, we want Winnipeggers to come downtown and visit our restaurants and bars," he told Metro Monday. "This is a great chance to take the dollars that they would have spent at the Jets games and come and support your downtown because it's important that these restaurants continue to be here when the Jets come back."

Follow Shane Gibson on Twitter @tsgibson

Quoted

"Jets or no Jets, we want Winnipeggers to come downtown and visit our restaurants and bars."

Stefano Grande, executive director of Downtown Winnipeg BIZ

Arkadash Bistro & Lounge owner and operator Kelvin Peters remains optimistic about his downtown business despite an expected loss of customers due to the NHL lockout. TYLER PEACOCK/FOR METRO

The spies are all right

Canada's top spy rejects call for scrutiny of CSIS PAGE 5

Hezbollah joins protest

Leader emerges to stoke fury over anti-Islam movie PAGE 6

One Hill of a welcome

Tories rant at plan for carbon tax NDP never proposed PAGE 8

TV shows stars loved as kids

Emmy nominees recall TV hits that inspired them PAGE 12

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Naked judge trial

Man who filed harassment complaint was sex performer: Lawyer

A man who complained about being shocked and traumatized by nude Internet photos of a Manitoba judge was no stranger to cyber sex and was willing to perform sex online for money, the judge's lawyer alleges.

Alex Chapman, whose sexual harassment complaint sparked an inquiry that could cost Justice Lori Douglas her job, has his own online sex history, claims an affidavit filed by Sarah Whitmore. The document was filed in Federal Court as part of an application to quash a Canadian Judicial Council inquiry into Douglas's actions.

Whitmore says in her affidavit that evidence, which has not been heard at the inquiry, "showed Chapman had signed up to be an online sex performer: He would perform sex acts in front of a video camera on the Internet in front of strangers who paid to watch."

Chapman's sexual past calls into question his credibility, Whitmore said, because he claimed to have been traumatized by seeing sexually explicit photos of Douglas and by being asked by her husband Jack King to have sex with her.

The affidavit is the latest document to be filed in a Canadian Judicial Council inquiry into Douglas, which has been suspended over accusations that the inquiry has been unfair.

The judge has said she had no idea that her husband was sharing the photos and she is fighting to keep her job as associate chief justice of the Manitoba Court of Queen's Bench.

THE CANADIAN PRESS

Hydro. Megaprojects need more scrutiny: Tories

Manitoba's Opposition leader is calling for a full review of Manitoba Hydro's planned megaprojects before they proceed.

Progressive Conservative Leader Brian Pallister accuses the NDP government of being too secretive about the $18 billion the Crown corporation is planning to spend over the next decade.

Pallister is calling for a joint review of the economic and environmental impacts of the projects, which include the Keeyask and Conawapa generating stations and a new transmission line. He says with energy prices dropping in the U.S., there are questions about whether Manitoba Hydro can recoup its spending through export sales. THE CANADIAN PRESS

Tory leader Brian Pallister
TYLER PEACOCK/METRO

Agriculture. Manitoba pork producers seek $130M in loan guarantees

A Manitoba farm group is calling for $130 million in government loan guarantees to help producers deal with what it calls the worst crisis in the history of Canada's pork industry.

Keystone Agricultural Producers says a combination of high feed costs and low prices is forcing producers out of business.

President Doug Chorney says the situation is so bad that farmers are selling off their breeding animals because they can't afford to feed them.

He says the recent decision by Puratone, one of Manitoba's largest hog producers to seek creditor protection, is not an isolated incident.

Chorney warns family farms will be lost and hundreds of people could lose their jobs in related industries unless Ottawa and the province intervene immediately. He says pork producers in other provinces are facing the same financial distress. THE CANADIAN PRESS

Culture Days to bring art to life across Manitoba

Art attack.
More than 270 events planned provincewide

SHANE GIBSON
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Arts and culture will take centre stage from Winnipeg to Churchill when Culture Days Manitoba gets underway later this month.

Now in its third year, Culture Days is a Canada-wide volunteer-run movement aiming to raise awareness, accessibility, participation and engagement in the arts and cultural life of communities.

"There's tons of individual artists that are grasping the concept and putting on something over the weekend," explained Kevin Walters, project manager of Culture Days Manitoba at a media launch for the event held Monday at the Prairie Theatre Exchange.

The weekend will give the public a free hands-on and behind-the-scene look into the world of artists with events including theatre, dance and music, avant-garde performance art and spoken word, among many others.

"Our province is so blessed with so much creativity — we have world-class performers in all fields of the arts," said Manitoba's Minister of Culture, Heritage and Tourism Flor Marcelino at the event's launch.

Culture Days Manitoba runs the weekend of Sept. 28-30 at various locations around Winnipeg and many other communities across Manitoba.

For more information about what's going on go to mb.culturedays.ca.

Events

- Winnipeg's premier event — Nuit Blanche — that sees the Winnipeg Art Gallery open its doors all through the night — runs from 6 p.m. to 6 a.m., Sept. 29.
- Learn to make chocolate from chocolatier Constance Popp, 11 a.m. to 5 p.m., Sept. 29 at 1853 Portage Avenue.

Canadian pop/folk artist Cat Jahnke performs at the kickoff for this year's Culture Days Manitoba on Monday. The third annual event runs Sept. 28-30 and celebrates arts and culture in cities and towns across the province. SHANE GIBSON/METRO

1 NEWS

Mobile news

Qriket

As Zellers closes its doors, the company has put Zeddy the mascot up for grabs. Scan the code to watch what the famed bear has to say about the situation.

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Blue Moon co-owners Leila Bock-Freeman, left, and Sylvia Bock say it's an exciting time to be in the Exchange District.
TYLER PEACOCK/FOR METRO

Blue Moon shines in the Exchange

Big leap. Famed furniture gallery triples in size

BERNICE PONTANILLA
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A Blue Moon has settled over Winnipeg's Exchange District. After more than two decades on Corydon Avenue, the beloved home furnishings store has moved to 109 Pacific Ave., near Waterfront Drive.

"We're thrilled to be in the east Exchange, where we have at least three times more space," Blue Moon owner Sylvia Bock said, adding it was a "big leap."

Bock, who co-owns the business with her daughter, Leila Bock-Freeman, said she had her eye on the Exchange District for a decade, and was waiting for the right time and the right space. The new store is an expansive 6,000 square feet.

"Definitely, it's an up-and-coming neighbourhood," she said. "There's so much activity in terms of condos and restaurants and hotels, and everything being built."

Bock-Freeman said she loves the new location and feels people are really excited to have an excuse to visit the Exchange store.

"It's really a good place to be and I think the right time to be here, too," she said. "I love the high ceilings and these beams going across, and the high windows … that mix of the new and the old, appreciating the old while bringing the new in."

Blue Moon offers home furnishings that look more like works of art, such as dining and coffee tables sculpted from single slabs of wood, items made of petrified teak and teak root and luxury sofas, sectionals, chairs, ottomans and beds.

The space was previously home to the Manitoba Children's Museum and the Costume Museum of Canada.

Blue Moon is open from 11 a.m. to 6 p.m. Mondays to Fridays, and 11 a.m. to 5 p.m. on Saturdays.

Winnipeg's Dorothy hopeful makes it through first elimination round

Winnipeg's Dorothy has made the Top 10 and Colleen Furlan couldn't be happier.

"It's, oh my God, I had tears streaming down my face and they were tears of joy," Furlan said from Toronto, where she's taking part in CBC's Over the Rainbow television show. "It's been such an amazing experience."

Furlan and 19 other young women are vying for the role of Dorothy in Andrew Lloyd Webber's production of The Wizard of Oz.

On Sunday, Furlan performed live and received positive reviews from the judges, including Webber himself. She then had an agonizing wait until Monday evening's results show, not knowing if she'd stay in the competition. But the first casualty was Kelsey Verzotti of Calgary.

Furlan, 19, said getting positive feedback from Webber himself greatly improved her confidence.

Colleen Furlan is vying for the role of Dorothy in Andrew Lloyd Webber's production of The Wizard of Oz. CONTRIBUTED/CBC

"To have him say that you're talented and allow you to move on, I mean, it's his opinion, so there must be something there," she said. "I've definitely grown as a performer and as a person as well."

The next step for Furlan is to garner enough votes to stay on the show each week until the final episode.

"Support your Winnipeg girl, I'm the only one on the show," is Furlan's message for her hometown. "It's not often you see someone from the Prairies get on this type of show. I want people to see Winnipeg and say, 'Wow, they can go so far and there's so much talent in Winnipeg.'"

Voting takes place after each Sunday episode and can be done by phone, up to 10 times, and online, once per computer. There is also an app for iPhones and Android devices called Over the Rainbow, where answering trivia questions correctly and winning other games earns more votes.

BERNICE PONTANILLA/METRO

Top spy rejects call for oversight of CSIS

Human rights. Commission says effectiveness of agencies depends on public trust

CSIS head Dick Fadden waits to testify at the Commons public safety committee on Parliament Hill in Ottawa on July 5, 2010. Canada's top spy has rejected a call for more scrutiny of CSIS's human rights record. ADRIAN WYLD/THE CANADIAN PRESS

Canada's top spy has rejected a call from a federal watchdog for more scrutiny of the Canadian Security Intelligence Service's human rights record.

In a newly declassified memo, CSIS director Dick Fadden dismisses the Canadian Human Rights Commission's recommendation that national security agencies do more to ensure they are not taking part in racial profiling or other objectionable practices.

"I am confident in the service's existing human rights policies and procedures, as well as our accountability and review structures," Fadden says in the January 2012 memo to Public Safety Minister Vic Toews.

"We have taken aggressive proactive steps to prevent discrimination and profiling in the service, and our investigation and reporting are pursued to protect Canadians and not out of any discriminatory bias."

The memo was provided by Mike Larsen, a criminology instructor at Kwantlen Polytechnic University in British Columbia, who obtained it under the Access to Information Act.

Fadden's memo came two months after the human rights commission tabled a report to Parliament urging the government to bring in amendments that would underline the importance of respect for human rights in the policies and operations of CSIS, the RCMP and other security agencies.

The changes would require each organization to have a human rights accountability structure in place. In addition, the security agencies would have to report publicly and regularly on their human rights records.

"Analysis of a decade of research clearly shows that there are no means to assess the human rights performance of Canada's national security organizations," says the report. The report notes that concerns have been raised about the profiling of individuals since 9-11.

THE CANADIAN PRESS

Who does what

- **CSIS.** Investigates threats, analyzes information and produces intelligence. The Harper government recently abolished CSIS' inspector general, an independent watchdog.
- **Public Safety Department.** Co-ordinates and supports federal organizations to ensure national security and the safety of Canadians.
- **RCMP.** National police service. International Operations Branch assists the Liaison Officer Program to deter international crime relating to Canadian criminal laws.
- **Communications Security Establishment.** Oversees electronic eavesdropping and provides technical and operational assistance to federal law enforcement and security agencies.

Teachers' strike. Chicago mayor seeks court order

Chicago's mayor turned to the courts Monday to try to end a teachers' strike in the nation's third-largest school district that entered its second week.

The union immediately condemned the move as an act of vindictiveness by a "bullying" mayor.

The strike has been uncomfortable for the Obama administration with the presidential election approaching, as Mayor Rahm Emmanuel is a former chief of staff to President Barack Obama, and Democrats traditionally get union support.

The strike is the first for the city's teachers in 25 years and has kept 350,000 students out of class.

A spokeswoman for the mayor, Sarah Hamilton, said attorneys asked a state circuit court to force union members off the picket line.

Salaries

$76K

With an average salary of $76,000, Chicago teachers are among the highest-paid in the U.S.

The union and school leaders seemed headed toward a resolution at the end of last week, but teachers decided Sunday to remain on strike, saying they needed more time to review a complicated proposal.

Central to the debate are teacher evaluations and job security.

Emanuel said the strike was illegal because it endangers the health and safety of students and concerns issues that state law says cannot be grounds for a work stoppage.

THE ASSOCIATED PRESS

Fire leads to find

Barn blaze reveals grow ops, snakes

Investigators looking into a barn fire in Milton, Ont., found two illegal grow ops on the property — along with two large pythons. Several other reptiles, including an alligator, are believed to have died in the fire.

Police say firefighters who responded to the blaze Saturday found about 200 marijuana plants in the barn, while about 66 plants were found in the house.

Police say the barn was destroyed by the fire and that numerous reptiles, including a 1 1/2-metre alligator and a variety of snakes, likely perished in the blaze.

Stanley Stainton, 48, of Milton, is charged with production of a controlled substance and possession.

THE CANADIAN PRESS

Group of 20 summit

Cop found guilty of misconduct

A British police officer was found guilty of gross misconduct and fired from the London force Monday over an incident that resulted in the death of a man during a Group of 20 summit in London in 2009.

Officer Simon Harwood hit 47-year-old newspaper vendor Ian Tomlinson with a baton and shoved him to the ground as Tomlinson tried to find his way out of a cordon put up to contain protesters. Tomlinson collapsed and died moments later. His death became a rallying point for those who alleged that police had brutalized demonstrators.

Harwood was tried and acquitted of manslaughter in July,

THE ASSOCIATED PRESS

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Transit Tuesday
Weekly Transit News Update

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Transit Tuesday is produced by Winnipeg Transit and distributed exclusively in Metro every Tuesday. Transit Tuesday will provide you with transit news you can use, including service change information, the latest transit initiatives, helpful commuter tips, cool promotions, and more.

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THANKS FOR READING THE FIRST EDITION OF TRANSIT TUESDAY!

Hezbollah leader emerges to spur on protests against U.S.

Anti-Islam video.
Demonstrations at U.S. institutions abroad turn violent

In a rare public appearance, the leader of the militant Hezbollah group exhorted hundreds of thousands of supporters Monday to keep up the campaign against an anti-Islam video that has unleashed deadly violence and anger at the United States across the Muslim world.

Although the massive, well-organized rally in Beirut was peaceful, protesters in Afghanistan set fires near a U.S. military base, clashed with police in Pakistan, where one demonstrator was killed, and battled with officers outside the U.S. Embassy in Jakarta, Indonesia, the world's most populous Muslim country.

The turmoil surrounding the low-budget video that mocks the Prophet Muhammad showed no sign of ebbing in the week after protesters first swarmed the walls of the U.S. Embassy in Cairo. Four Americans, including the U.S. ambassador to Libya, died amid a demonstration in the eastern Libyan city of Benghazi.

At least 10 protesters have died in the riots, and the targeting of Western diplomatic sites has forced Washington to increase security in several countries. Diplomats at the U.S. Embassy in Beirut destroyed classified material as a security precaution, according to a State Department status report.

The appeal for sustained protests by Sheikh Hassan Nasrallah, the leader of Lebanon's powerful Hezbollah group, could stoke more fury over the video, Innocence of Muslims. Nasrallah has rarely been seen in public since his group battled Israel in a month-long war in 2006, fearing Israeli assassination. Since then, he has communicated with his followers and gives news conferences mostly via satellite link.

He spoke for about 15 minutes before a rapturous crowd estimated by police at about 500,000, many with headbands of green and yellow — the colours of Hezbollah — and the words "at your service God's prophet" written on them. THE ASSOCIATED PRESS

Backlash around the world

- Russia's Prosecutor General's office said Monday it will ask the courts to outlaw the Innocence of Muslims film as "extremist and offending believers." The office said it already has urged leading Internet providers to prevent its spread across the web.
- Iran's top leader urged the West Monday to show it respects Muslims by blocking the film, saying Western leaders must prove they are not "accomplices" in a "big crime."
- Authorities in Germany are considering whether to ban the public screening of the film, German Chancellor Angela Merkel said Monday.

A woman smokes a water pipe as she sits in an empty lot with her family in Beirut on Monday watching Hezbollah supporters march during a rally denouncing an anti-Islam film that has provoked a week of unrest in Muslim countries worldwide. HUSSEIN MALLA/THE ASSOCIATED PRESS

Footage surfaces

Rescue bid documented

Libyans tried to rescue Ambassador Chris Stevens, cheering "God is great" and rushing him to a hospital after they discovered him still clinging to life inside the U.S. Consulate, according to witnesses and a new video that emerged Monday from last week's attack in the city of Benghazi.

The group of Libyans had stumbled across Stevens' seemingly lifeless form inside a dark room and didn't know who he was, only that he was a foreigner, the man who shot the video and two other witnesses said.

The account underlines the confusion that reigned during the assault by protesters and heavily armed gunmen that overwhelmed the consulate in Benghazi last Tuesday night, killing four Americans, including Stevens, who died from smoke inhalation soon after he was found.
THE ASSOCIATED PRESS

Anti-American protests

U.S. diplomats at Beirut embassy destroy documents

Diplomats at the U.S. Embassy in Beirut have started to destroy classified material as a security precaution amid anti-American protests in Lebanon and elsewhere in the Middle East and North Africa.

A State Department status report said the Beirut embassy had "reviewed its emergency procedures and is beginning to destroy classified holdings." It also said that local Lebanese employees were sent home early due to protests by the militant Shiite group Hezbollah over an anti-Muslim film produced in the U.S.
THE ASSOCIATED PRESS

Italy to represent Canada's interests in Tehran

Italy Foreign Minister Giulio Terzi
THE CANADIAN PRESS FILE

Italian Foreign Minister Giulio Terzi says Italy will look after Canadian interests in Iran after Canada shut down its embassy there earlier this month.

Terzi said Monday that Canada, Italy's "important friend and ally," had requested Rome assume protection of Canadian interests there following the Sept. 7 closure of the embassy in Tehran.

Canada also severed diplomatic relations with Iran and ordered Iranian diplomats to leave, branding the Islamic republic as the most significant threat to world peace.

The surprise move reinforced Canada's close ties with Israel, Tehran's arch enemy.

Iran called Canada's embassy closure "hasty and unwise" and said it would react in the near future.

Tehran denies suspicions it is intent on developing nuclear weapons, with Israel especially worried.

Switzerland represents U.S. interests in Iran.
THE ASSOCIATED PRESS

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Conservatives welcome NDP with 'bald-faced lie'

Parliament resumes. Harper joins in on carbon tax tirade against opposition leader

People in the Occupy Movement take part in a rally on Parliament Hill in Ottawa on Monday. Occupy protesters returned on the one-year anniversary of the movement. See the photo gallery online at metronews.ca. SEAN KILPATRICK/THE CANADIAN PRESS

Canada's parliamentary engine sputtered back to life with a hyper-partisan bang Monday as the Conservatives sought to tarnish New Democrat Leader Tom Mulcair by accusing him of planning to impose a carbon tax on unsuspecting Canadians that the NDP has never proposed.

Even Prime Minister Stephen Harper got in on the act, demonstrating that a three-month summer break has done little to soften the Conservative government's go-for-the-jugular partisan instincts.

Harper, his ministers and his backbenchers repeated at every opportunity their tirade against Mulcair's alleged carbon tax proposal, disregarding the fact that the NDP has never actually proposed a carbon tax.

Indeed, Mulcair and his predecessor, Jack Layton, have proposed a cap-and-trade system to reduce greenhouse gas emissions — a proposal Harper himself championed for several years before dropping the idea.

At no point did the Tories ever refer to their own proposal as a carbon tax — but now, it seems, they're not about to let facts get in the way of a good partisan attack.

"Cap and trade or cap and tax, a price on carbon is a tax on carbon. That makes it a carbon tax," asserted New Brunswick MP John Williamson.

Mulcair refused to respond to the attacks on his supposed carbon tax plan — an assertion he's described as a "bald-faced lie." THE CANADIAN PRESS

Rebuttal

"The NDP's top priority is the economy. The Conservatives' ... is making things up about the NDP."
NDP Leader Tom Mulcair

Abortion. Conservative MP looking to re-open contentious debate

The Conservative MP seeking to re-open debate on fetal rights and abortion says it should be up to Parliament to resolve an issue the courts "left open."

But Kitchener MP Stephen Woodworth said he is not optimistic he will get the 50 per cent necessary to pass a motion he sponsored to study the definition of "human being" in the Criminal Code.

Woodworth said his motion comes to a final vote in the House of Commons on Sept. 26, and would merely strike a committee to study the issue, and open a "respectful dialogue" on what he argues is a pressing matter.

He argued it won't seek to write a new abortion law, but at the same time Woodworth claimed the current legal environment around abortion practices is "dishonest."

At a news conference, Woodworth challenged anyone claiming a fetus at eight or nine months gestation is not a child and asked, "Does abortion access really depend on that kind of fraud?" TORSTAR NEWS SERVICE

Non-conviction records

Background checks tainting thousands

Thousands of Canadians are being unfairly and often unwittingly tainted by information contained in police background checks, a prominent civil liberties group said Monday.

The result is that people are denied employment or run into a host of other problems, including finding housing or travelling across the border, according to the Canadian Civil Liberties Association.

At issue is the disclosure of "non-conviction" records — information about an investigation, arrest or charge that did not lead to a conviction.

Disclosure of such sensitive information may undermine the presumption of innocence, the association said. THE CANADIAN PRESS

Royals ask French court for injunction on nude Kate pics

Duchess of Cambridge. French and Italian gossip magazines that have published revealing spreads both owned by Berlusconi publisher

A French court was asked on Monday to halt further publication of topless photos of Prince William's wife Kate.

After hearing arguments by lawyers for the British royal couple and for the popular French gossip magazine Closer, the court said it would rule at noon today. The royal request was made after Closer printed 14 pictures of the partially clad Kate, the Duchess of Cambridge, in its pages last week.

On Monday, the Italian gossip magazine Chi — like Closer owned by Mondadori, the Italian publishing house owned by former Italian prime minister Silvio Berlusconi — published a 26-page spread of photos of Kate without her swimsuit top. An Irish tabloid published more Kate topless photos over the weekend, drawing a vow from Ireland's justice minister to revise privacy laws there.

The Duchess of Cambridge
THE ASSOCIATED PRESS

The photos in question show the Duchess of Cambridge relaxing during a holiday at a private villa in Provence, sometimes without her bathing suit top and, in one case, with her suit bottom partially pulled down to apply sun screen.

William's St. James's Palace called the publications of the photos a "grotesque" invasion of the couple's privacy. Lawyers for the royal couple argue that the photos amount to an invasion of privacy.

The royal couple's lawyer, Aurelien Hamelle, told the French court Monday that he is seeking 5,000 euros ($6,400 US) in damages from Closer and an injunction forcing the magazine to stop publishing the issue with the photos. He also asked the court to fine Closer 10,000 euros ($12,800) a day for each day the injunction is not respected, and 100,000 euros ($128,000) if the photos are sold. THE ASSOCIATED PRESS

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Collagen is the key. Molecular biologists have pinpointed the key structural protein for creating smooth skin, thick strong hair, and strong nails. It's your body's beauty protein, collagen. During youth, you have a rich abundance of collagen. In addition, the collagen forms itself in a resilient "tight mesh" matrix. This "ideal" collagen condition prevents wrinkles from forming, gives skin elasticity, helps create thick, beautiful hair and strong nails. But over the years, collagen diminishes.
Starting at age 21, collagen diminishes by 1% per year. By age 30, signs of reduced collagen on skin, hair and nails become visible, not to mention the increase risk of fracture for bones.
Say the words "healthy bones," and the first word that probably pops up is calcium, but did you know that bones are made up of 30% collagen? Collagen provides strength and flexibility to bones. When collagen diminishes – your risk of fracture increases!
Now, genuine collagen regeneration is possible with clinically proven BioSil™. BioSil, a patented choline-stabilized orthosilicic acid (ch-OSA®) complex, helps your body to generate its own collagen to provide support for denser and more flexible bones as well as beautiful skin, hair and nails. BioSil has been tested in rigorous double-blind placebo controlled trials for both efficacy and safety.
Regenerate Collagen with BioSil, the only clinically proven product with ch-OSA – the most absorbable form of silicon.
Fuller, thicker hair... *One supplement I have discovered recently and fell in love with is Biosil. I can safely say that this stuff made a huge difference in my hair…Whatever grew was fuller, thicker…I noticed a dramatic improvement in not only the quality of the new hair growth but the rate at which it was growing…* Beauty Blogger Ellie S.
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The new Apple iPhone 5 is displayed on Sept. 12 in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

Ringing in a record: 2 million iPhone 5s ordered on first day

In stores Sept. 21. As demand exceeds initial supply, some devices are scheduled for delivery in October

Orders for the iPhone 5 topped two million in the first 24 hours after Apple started taking them at midnight Pacific time on Friday. That's more than double the number of iPhone 4S orders on its first full day.

The company also says that while most preorders will be delivered on Friday, demand for the iPhone 5 exceeds the initial supply, so some of the devices are scheduled for delivery in October.

The iPhone 5 has a bigger screen — four inches measured diagonally — that allows room for another row of icons, and widescreen movies to fit better. The calendar will now show five days at a time instead of just three. Previous iPhone models carried 3.5-inch screens. The phone is also thinner and weighs less than previous models.

The phone will be available at Apple stores in Canada on Friday, Sept. 21.

Earlier Monday AT&T Inc. said it set a sales record for the iPhone 5, with customers ordering more of them than any previous iPhone model on the first day of orders and over the weekend.

Apple's stock added $7 US to $698.28 in morning trading after rising as high as $699.54 earlier in the session. THE ASSOCIATED PRESS

By the numbers

4

The iPhone 5's screen measures four inches on the diagonal, versus the 3.5-inch screen on previous models.

New mortgage rules lead to drop in national home sales

Home sales declined 5.8 per cent across Canada from July to August, the largest month-over-month decline since June 2010, according to the Canadian Real Estate Association.

Actual sales activity was down almost nine per cent in August over a year earlier, "providing the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended," said CREA chief economist Gregory Klump Monday.

"The broadly based decline in August sales activity suggests that some buyers may no longer qualify for a mortgage now that amortization periods of high ratio (less than 20 per cent down payment) mortgages have been shortened," he added.

House prices remained relatively stable across the country, posting increases of just 0.3 per cent on a year-over-year basis and the inventory of homes for sale at the end of August climbed slightly to 6.5 months, up from 6.1 months at the end of July.

The seasonally adjusted average price of a Toronto home held steady in August, up 1.5 per cent to $501,058, up from $493,647 in July, according to CREA. Actual prices were up 6.1 per cent in August over the same time last year.

The GTA saw a 7.7 per cent decline in new listings, leading the way for a 1.7 per cent decline in new listings across the country, which helped keep the national housing market more balanced than it has been at any time in the last two years, according to CREA.

While the average Vancouver house price was down almost seven per cent in August over a year ago to $725,086, it was up about three per cent in August over July when adjusted for seasonal fluctuations.

Sales declines were posted in about two-thirds of all markets representing 80 per cent of national house sales activity including the GTA, Vancouver, Greater Montreal, Calgary, Edmonton and Ottawa.

Some 334,208 homes have changed hands over Canada's MLS system so far this year, an increase of 2.8 per cent compared to the same eight months of 2011. TORSTAR NEWS SERVICE

Quoted

"(The decrease provides) the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended."

Canadian Real Estate Association chief economist Gregory Klump

Austria

Saucy starter: McNoodles hit the menu

McDonald's is introducing noodle dishes this week at its restaurants in Austria. The McNoodles come with vegetables and salad, chicken pieces and either sweet and sour or curry sauce. The company says it spent more than a year developing the product. THE ASSOCIATED PRESS

Market Minute

DOLLAR
102.53¢
(-0.44¢)

TSX 12,446.86 (-52.61)

OIL $96.62 US (-$2.38)

GOLD $1,770.60 US (-$2.10)

Natural gas: $2.865 US (-7.8¢)
Dow Jones: 13,553.10 (-40.27)

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NO SHAME IN BARING IT ALL

SHE SAYS...
Jessica Napier
metronews.ca

I am not what you'd call an exhibitionist.

I didn't grow up in an underpants-only kind of household. When changing for gym class, I would awkwardly wrestle into my sports bra while still wearing a sweater on top (believe me, this is actually not impossible). To this day, the first thing I will do in an unfurnished apartment is hang curtains.

While I might have a bit of a prudish attitude when it comes to my own public nudity, it takes just the briefest moment of browsing online to realize that there are plenty of women out there who have no problem exposing a little skin.

On any given workday, I've accidentally seen about three or four NSFW photos before I finish my first cup of coffee.

Whether or not these online exhibitionists are doing it for the right reasons (empowering self-expression) or the wrong reasons (desperate attention-seeking from creepy Internet lurkers) is up for debate, but there is certainly no shortage of skin on social media and beyond.

However, not all bare breasts are treated equally.

Last week, the Internet got its collective knickers in a twist after a French tabloid published a revealing five-page spread featuring Kate Middleton sunbathing sans bikini top while on vacation at a private chateau.

Not their fault

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The magazine's editor-in-chief defended the images, claiming they weren't lewd, but a beautiful intimate series of a young couple in love. Of course, this "tasteful montage" argument might be easier to swallow if the photos weren't captured by slimy paparazzi stalking the royals during what should have been a very private moment.

While many people expressed outrage at this extreme violation of privacy, I was horrified to see just how many people took to Twitter and online comment sections to unleash a barrage of hostility towards the duchess for having the audacity to act like a normal 30-year-old woman on vacation with her husband.

Nipples? Gasp!

Kate Middleton GETTY IMAGES

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The violation of Middleton's privacy and the furious responses that followed contribute to the archaic yet persistent notion that as women our bodies, more than anything else, are for display; to be looked at by men, by other women and, evidently, by telescopic lenses emerging from the shrubbery.

Follow Jessica Napier on Twitter @MetroSheSays

These two decades have 22 minutes

JEFF HARPER/METRO

East Coast humour

This Hour Has 22 Minutes marks 20th anniversary

Shaun Majumder and Cathy Jones film a pre-recorded section of This Hour Has 22 Minutes against a green screen at CBC's Bell Road studio in Halifax. The show is celebrating its 20th anniversary, which premieres Tuesday.

For Majumder, striving to "take the piss out of our own culture" will always be an important role for Canadian comedians.

It's what the Gemini Award-winning actor sets out to do each week on the long-running CBC series that jeers Canadian politics and current events.

"We've got a perfect format to continue forever and ever, no matter how many people come in through the cast," said Majumder, who started on the show several years ago as a writer.

Some of the country's most highly acclaimed comedians have called the show home, including Rick Mercer, Colin Mochrie, Greg Thomey and Mary Walsh. METRO

Knee-slapping comedy

Rick Mercer makes for memorable TV

Who can forget the show's long-running Talking to Americans segment, where Rick Mercer set out to expose how little some Americans know about their Canadian neighbours.

Some truly memorable bits included getting Americans to congratulate Canada on legalizing VCRs, or staplers.

Since its inaugural season in 1992, each show has been written and produced within one week at the CBC building on Bell Road in Halifax.

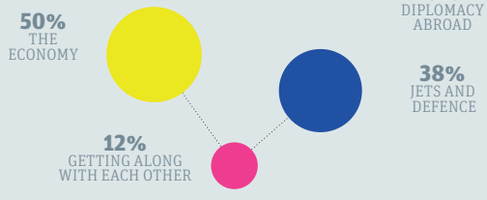
Rick Mercer THE CANADIAN PRESS

Producer Peter McBain said 22 Minutes' East Coast home is important to its perspective on Canadian news. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping Parliament will focus on during the fall session?



Twitter

@banker_by_day:
25 years ago half my school cut class to go to the opening of Portage Place. #Winnipeg

@tara_everett:
Dakota-Dukirk-Osbourne-Colony-Isabel-Salter. Same street and how many@ different names? #Winnipeg

@bpaul53:
Just returned from #Phoenix and now I know why #Coyotes players didn't want to move to #Winnipeg. Beautiful city and weather.

@tessafunk:
#DancingGabe carrying a copy of "super abs" magazine. Morning made! #Winnipeg

@WpgHomeConnect:
@bretmichaels sucks that your #WINNIPEG show is postponed, but thanks for not canceling all together.

metro

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SCENE 2

DVD reviews

The Cabin in the Woods

Director. Drew Goddard

Stars. Kristen Connolly, Chris Hemsworth, Anna Hutchison

●●●●○

To say The Cabin in the Woods isn't your average horror movie is like observing that King Kong isn't your average ape. Even when major plot twists are revealed — as the trailers do — there are so many others left, you have no reason to scream "spoiler!" That said, you don't want to know too much in advance about this feature directing debut of Cloverfield writer Drew Goddard. He shares screenwriting credits with fellow genre subverter Joss Whedon. Better you should be as naïve as are most of our five cabin-bound college kids, one of them played by a pre-Thor Chris Hemsworth. The film's internal logic may not stand up to close scrutiny, but the intent behind it is rock solid: a horror show that would have impressed even the ancient Greeks, both their warriors and their philosophers.

PETER HOWELL

The Woman in the Fifth

Director. Pawel Pawlikowski

Stars. Ethan Hawke, Kristin Scott Thomas, Joanna Kulig

●●●●○

Ethan Hawke and Kristin Scott Thomas meet in the shadow of the Eiffel Tower in The Woman in the Fifth, but that's about as conventional as this stimulating Paris psycho-drama gets. Hawke's sullen Tom, an American novelist consumed by doubt and misfortune, chats with Thomas's mysterious Margit, a translator who seems to include mind-reading among her many talents. The likely touchstone for writer/director Pawel Pawlikowski is the work of fellow Polish director Roman Polanski. We are never sure if what we are seeing is actually happening, including the nature scenes that Pawlikowski interjects as contrast to the urban jungle.

PETER HOWELL

On the web

Qriket

Keira Knightley to Vogue: I had no life besides acting.

Ode to TV: The shows that inspired the stars

Emmy Awards. Nominees share their memories of television classics, from Bonanza to MASH and wanting to become a Huxtable

Long before Kevin Costner, Bryan Cranston, Christina Hendricks and Nicole Kidman were Emmy nominees, they were kids who loved watching TV.

"I liked Man from Uncle and High Chaparral," Costner said.

"I really, really liked that when I was a kid."

"I remember the transition from black-and-white to colour," continued Costner, who is nominated as both star and producer of the TV movie Hatfields & McCoys.

"It's like one by one the televisions in my neighbourhood became colour TVs and we would all go look at each other's colour TVs and ooh and aah at Bonanza. I'm kind of glad I saw it all, in a way. I remember the TV would shut off at 11 and just play the national anthem all night long."

Cranston, who is nominated for his role on Breaking Bad — which won him the Emmy Award three years in a row, grew up on The Andy Griffith Show.

"I love the character of Barney: Classic comic character of the absolute confident man with no ability whatsoever. Always funny. The calm and comforting tones of Andy Griffith, who we lost recently," the actor said.

"I think there was just something very sweet and comforting about watching that show, and the simplicity of the lifestyle and a days-gone-by kind of thing."

Hendricks, nominated for the third consecutive time for her supporting role in Mad Men, said her all-time favourites were MASH and Northern Exposure.

"Both of them had a sense of real community and camaraderie among the cast, a sense of friendship in this world that I remember responding to," she said.

Mayim Bialik of The Big Bang Theory was also a Northern Exposure fan.

"They had every kind of possible character," said the actress, who remembered watching the show while starring on Blossom.

"I would have loved to be anything on Northern Exposure, but mostly Rob Morrow's love interest. That would have been my choice."

Kidman, a first-time Emmy nominee for her lead role in the TV movie Hemingway & Gellhorn, said she was raised on The Brady Bunch and Bewitched.

"Growing up in Australia, the mini series was such a big, big thing. It was something that launched my career because I did mini series in Australia," she said.

"I did a thing called Bangkok Hilton and one called Vietnam, which was on the Vietnam War in the '60s and was a hugely rated show.

"That was my big break, really, as an actor."

Sarah Paulson, nominated for her supporting work in the TV movie Game Change, loved Who's the Boss?

"Angela and Tony were who I wanted to be when I grew up. I wanted to have that relationship," she said.

"I watched a lot of television growing up and they were like my surrogate parents. Angela and Tony. I loved 'em."

Jesse Tyler Ferguson, Maya Rudolph and Zooey Deschanel were all fans of The Cosby Show. Ferguson and Rudolph even dreamed of joining the family.

"It felt very familiar," the Modern Family actor said, "and I wanted desperately to be a part of that family."

Rudolph, nominated for hosting Saturday Night Live, said if she were to join the show, "I would have to be a fictional cousin, because I don't think they needed any more children.

"I don't think the Huxtables needed any more children.

"But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Julia Louis-Dreyfus, a 14-time Emmy nominee and two-time winner, wants to bring back her favourite show from childhood: Flipper.

"Talking dolphin. How can you beat it?" she said.

"Well, sort of talking. It communicated. A dolphin who beats the bad guy every week.

"I think we should redo that.

"I think I'm going to pitch that. That's my new HBO show: Flipper: Part II."

THE ASSOCIATED PRESS

Nicole Kidman. THE ASSOCIATED PRESS

Christina Hendricks
THE ASSOCIATED PRESS

Bryan Cranston
THE ASSOCIATED PRESS

Kevin Costner THE ASSOCIATED PRESS

Quoted

"I would have to be a fictional cousin, because ... I don't think the Huxtables needed any more children. But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Maya Rudolph, who is nominated for an Emmy for hosting Saturday Night Live, on her desire to be part of The Cosby Show's Huxtable family.

The Emmy Awards

The Primetime Emmy Awards will be presented on Sept. 23 at the Nokia Theatre and broadcast live on ABC.

Bob Crawford carves out his feelings with latest album: The Carpenter

Seeking solace. As Avett Brothers bassist watched his daughter fight brain cancer, he brought his strong emotions to music

After a difficult year, the Avett Brothers are back to focusing on music with a new album and fall tour. MARK HUMPHREY/THE ASSOCIATED PRESS

When things were at their worst, music was a refuge for Avett Brothers bassist Bob Crawford.

Crawford has spent much of the last year caring for his daughter, Hallie, who is fighting brain cancer at the ever-so-tender age of 2. He was off the road and away from his band, travelling to and from St. Jude Children's Research Hospital in Memphis, Tenn., from their home in North Carolina.

Between the scans and the doctor's evaluations and the omnipresent worry, Crawford would sometimes slip away for a few minutes and pick up a fiddle.

"Just spending a half hour in a little room messing around on that thing (has) been some of my most relaxing moments over the past year," Crawford said.

"This whole affair has kind of put music back where it needs to be in my life and my heart."

Hallie has improved enough for Crawford to rejoin the North Carolina roots rockers as they release their new album, The Carpenter, and launch a fall tour. His daughter still has a long way to go, but she's doing well enough that he feels comfortable leaving her.

On the day of his interview, he had just wrapped up a wagon ride down the road with his daughter. Precious time.

"It is always a great thing. Always," Crawford said in a phone interview.

"I tell you, you love your kids immediately as soon as they're born and you can't imagine a greater love than what you share for them. Then something happens or someone gets seriously ill, it heightens all the emotions and the joys get more joyful and the fears and sadness are even more stressful."

The Rick Rubin-produced The Carpenter examines that full spectrum of emotions. Already known as a band with its heart on its sleeve — the group's breakthrough albums were titled Emotionalism and I And Love And You, after all — they dig deeper than ever on an album that's at turns sombre, achingly beautiful and fully aware of the perils of life.

Rubin thinks the trio, who rose to a new level of prominence after appearing with Bob Dylan and Mumford & Sons on the 2011 Grammy Awards, has learned to cut to the bone with its songwriting.

"Sometimes it's with sadness but sometimes it's with beauty, but either way it feels like you're getting in to see somebody in an intimate, vulnerable moment," Rubin said.

THE ASSOCIATED PRESS

New album

- **The Carpenter.** Is the Avett Brothers sixth LP. It was released Sept. 11.

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Nicki Minaj

Minaj, Urban join Mariah Carey as Idol judges

The new lineup for the 12th season of American Idol is in place, with singers Nicki Minaj and Keith Urban joining already hired Mariah Carey. And original judge Randy Jackson — the only holdover from last season — will keep his spot on the panel. The news was announced on the reality show's Twitter account.

Urban had quit his gig as a judge on the Australian version of The Voice last week, prompting speculation that he had in fact signed on for "Idol." There's no word yet on what Minaj and Urban will be making, but chances are it won't be as much as Carey, who earns a reported $16 million for one season of the show.

Lohan upset over fellow troubled starlet

Amanda Bynes has taken Lindsay Lohan's mantle as Hollywood's favourite troubled starlet — at least as far as getting into auto accidents is concerned — and Ms. Lohan isn't thrilled about it. Specifically, she's miffed that Bynes has apparently gotten off easier with law enforcement for her various vehicular infractions. "Why did I get put in jail and a Nickelodeon star has had NO punishment(s) so far?" Lohan angrily tweeted over the weekend. But she may have spoken too soon, as Bynes was in hot water again Sunday. "I can confirm that Amanda Bynes was cited at approximately 8:20 a.m. Sunday for driving with a suspended license," a Burbank, Calif., police spokesman tells People magazine. "Her car was impounded and she received a misdemeanor citation."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Even millionaires get the blues

THE WORD
Dorothy Robinson
scene@metronews.ca

Life is so hard for millionaire Miley Cyrus.

The starlet got a bit mopey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness.

"Ever feel like you want just … something more? Not sure what exactly. Passion perhaps?" she tweeted.

"Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it's not that they love you less. They just love you the most they are capable of loving." But Cyrus was quick to clear up any confusion over the state of her engagement to Liam Hemsworth, posting, "No, there is not trouble in paradise."

Anyone else read this and picture Miley writing this while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her $1,000 intentionally distressed Marc Jacobs sweater?

Chris Brown

'Warning: Do not buy this album! …'

Chris Brown may have trouble moving copies of his new album, Fortune, thanks to one record store chain's interesting warnings.

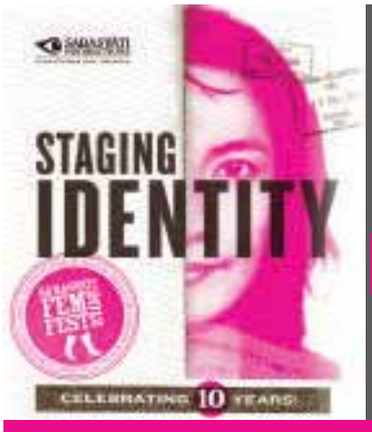
At London locations of HMV, copies of Brown's CDs have reportedly been affixed stickers that read, "Warning: Do not buy this album! This man beats women," according to Hollyscoop.

Affleck balancing work, family life

Ben Affleck may like leading a large family — he and Jennifer Garner have three kids, and he's reportedly considering more — but he's still got work to do.

"I don't want to be a stay-at-home dad. Work is very important to me," he tell Details magazine. "I like to work. So does my wife. But I need my work to mean something to me in order for me to not be home with them."

That's why Affleck is getting choosy with what film projects he takes on: "Anytime you think, 'I'm wasting my time here,' the first thought you have is 'I could go home and be with my kids,'" he says. "Now, you may go home and be with your kids and very quickly start thinking, 'I wonder what's on the work front?' Because running around after three kids is very trying."



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Twitter

@SandraBernhard
the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching

@ParisHilton
Life only comes around once. So do whatever makes you happy & be with whoever makes you smile.

@JonahHill
Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.

@SethMacFarlane
You kids don't remember, but once there were sitcoms about something other than gay guys.

Best Health

How to boost metabolism

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Want to keep your body burning fat and calories all day long? In the October issue of Best Health magazine, on newsstands now, regular contributor Dr. Susan Biali offers 10 strategies for boosting metabolism. Here are four of them.

1. Enjoy coffee or green tea.
Your morning cup of joe gives your calorie burn a boost for up to two hours. Green tea is a powerful metabolism stimulator, too; drinking it frequently can help to accelerate weight loss.
2. Get enough sleep.
Less than seven hours of sleep a night messes with metabolism-regulating hormones. If you're sleep-deprived, you process carbs less efficiently, and that increases your risk of obesity.
3. Eat more protein.
A 2012 study found that people who ate more protein had a higher resting metabolic rate. Women often don't get enough, so have some lean protein such as fish, chicken or eggs with every meal and enjoy protein-rich snacks such as a handful of almonds.
4. Add chili peppers.
Capsaicin in chili peppers stimulates your nervous system and improves your metabolism after meals. Adding chili to foods also curbs your appetite, so you'll eat less. These benefits are maximized if chilies are eaten regularly, so find ways to spice up your life.

For the other six ways to boost metabolism, pick up the latest issue of Best Health, on newsstands now.

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Summer is over so it's time to get rid of that BBQ bulge. ISTOCK PHOTOS

Bust that BBQ bulge with these workouts

Summer is over. It's time to work off those extra steaks that you and friends chowed down on during the sunny months

MEREDITH ENGEL
Metro World News

As summer winds down, you're likely done trying to get your bikini body or Phelps-like abs. But that doesn't mean you should go hide in sweats for the next nine months. We enlisted Adam Rosante, celeb fitness trainer and founder of The People's Bootcamp, which offers pay-what-you-can classes in New York, to give us some moves to get you fit for fall.

Why these specific exercises? "(These) exercises target almost every single muscle in the body," Rosante says.

Perform each exercise for 40 seconds with 10 seconds of rest between each move. After you've completed all of them, that's one cycle. Rest for 60 seconds, then repeat. Perform the cycle three times. Be sure to keep your core tight throughout the entire workout.

Warm-up
Stay away from the long stretches, Rosante says.

"To just jump right into a long, static stretch is a good way to tear the muscle or fatigue it to a point where you then injure yourself during the workout. You just want to move around and really get the blood flowing. It creates pliability and elasticity in the muscles. Then afterwards, you get into that static, long stretch cool down. That will elongate those muscles and help prevent them from tightening up and becoming short and constricted, so you get a nice long, lean body."

What counts as a good warm-up? Jogging in place for 20 seconds, 20 to 30 seconds of jumping jacks and some torso twists.

"Anything you can do to get your body moving in a functional way," he says.

Power thrusts
Stand with feet hip-width apart. Squat until thighs are almost parallel to the floor, then place your hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position and jump straight up as high as you can, reaching the fingertips up and bringing the knees to the chest. Land with soft knees and immediately drop back into a squat. Continue the sequence for 40 seconds.

Push-outs
Start in a push-up position with hands directly below your shoulders. Perform a push-up. At the top of the motion, lift the left hand up and bring it out about a foot to the left on the ground. Perform another push-up with staggered hands. At the top of the motion, explode the left hand back to normal push-up position. Do another push-up. Repeat the move with the right hand. Continue, alternating for 40 seconds.

Scissor switches
Stand with your right foot forward and left foot back. Keeping your torso upright, lower yourself into a lunge until your left knee is bent and your right thigh is parallel to the ground. Jump up and scissor your legs mid-air to land down with soft knees in a lunge with your left foot forward and your right leg back. Continue alternating for 40 seconds.

Power kicks
Stand with your feet hip-width apart. Bring your fists up just below your chin. Now, open up the chest and pull the shoulders down the back. Alternate waist-high front kicks, springing softly from foot to foot so you're never on more than one foot at a time. Continue alternating for 40 seconds.

Bird-dog push-ups

Start in a push-up position with your hands directly below your shoulders to begin with.

- **Exercise.** Perform a push-up. At the top of the motion, extend your right arm and left leg to form a straight line from fingertip to heel. Return them both. Perform another push-up and repeat the arm and leg movement on the opposite side. Continue alternating for 40 seconds.

On the web

Qriket

Salt-high blood pressure link may be stronger in overweight kids, U.S. government study suggests

Final bite of summer flavour

This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is the salad to make when corn is at its ripest.

I always look for small white and yellow kernels on cobs that have been picked that day if possible.

You'll have to go to a local farmers' market. It's well worth the trip.

If you want to make this salad year round, buy canned or frozen corn niblets and sauté about 2 cups in a skillet just until browned.

1. Lightly coat a grill pan with cooking spray and set over medium-high heat, or heat your barbecue to medium-high heat. Grill corncobs about 5 minutes, or until corn begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl.

2. Add red onion, roasted red pepper and basil to corn and stir to combine.

3. To prepare dressing, whisk olive oil, cider vinegar, jalapeño, garlic, salt and pepper. Pour dressing over salad and toss to combine. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional analysis

Per serving

159 calories; 4 g protein; 17 g carbohydrates; 2.9 g fibre; 9 g fat; 1 g saturated fat; 0 mg cholesterol; 168 mg sodium

Ingredients

Salad
- 3 fresh cobs of corn
- 1/2 cup diced red onion
- 1/2 cup diced roasted red pepper
- 1/2 cup chopped fresh basil

Dressing
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

Health Solutions

Better ways to sweeten up

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Our bodies are not meant to process the intense sweetness of processed sugar. They are made to pull out the natural sugars that come along with other nutrients like the minerals in fruit and the fibre in whole grains.

If we remove the minerals and fibre, the pancreas goes into overdrive and chugs out more insulin than the body knows what to do with. What you really want to do is reduce the amount of sugar in your diet overall.

Then you want to change the type of sweetening to be sure that if you are eating it, it at least offers some other benefit.

Here are the better ways to sweeten up.

- Unpasteurized honey has antimicrobial and antibacterial qualities that have been shown to soothe coughs and sore throats.
- Pure maple syrup (not artificially flavoured brands) contains trace minerals.
- Stevia is a no-calorie sweetener derived from an herb.

The trick is to train your taste buds to need less and less over time. Along the way, try choose something that offers even a little bit more than sweetness.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Advice

Elevator etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit
charlesmacpherson.com

When in an elevator at the office or home, have you ever pushed the 'close the door' button while someone was coming toward you, or do you always hold the elevator door open for them?

If truth were told, of course I have pushed the 'close the door' button in the past, but I actually make an effort to hold the door for people, as I am always appreciative when others do that for me.

The few times I have pushed the 'close the door' button is when someone is very far away down the hallway and I'm running late for a meeting. But while we are on the topic of elevators, here are a few of my own pet peeves.

1. People who talk on their cellphone while in the elevator
2. Not stepping out of the way, or even out of the elevator, when others are trying to get out.
3. Parents who allow their kids to push all of the buttons thus forcing the elevator to stop at each floor.
4. Jumping the line to enter the elevator when people are waiting.

Single? It may be unhealthy for you

Study. Researchers in Sweden find that single men are least likely to believe they could influence their own health

CELIA MILNE
For Metro

OK there Columbo, you know smoking is bad for you, right? ISTOCK

Ever noticed single men don't seem to care about their health? It's not your imagination.

A large study in Sweden has found that men who don't live with a mate are less likely to believe they can influence their own health. As a group, they are less motivated than others.

Researchers studied 28,198 men and women between the ages of 18 and 80 to find out whether they possessed a social factor called "internal health locus of control" which essentially means a belief that your behaviour influences your health. They found 33.7 per cent of the men and 31.8 per cent of the women lacked internal health locus of control.

Single men living alone were the least likely to believe they could influence their own health through things like eating a healthy diet, exercising regularly, not smoking and keeping alcohol consumption under control. Men and women who were widows also scored fairly low on the tests.

Yet these healthy behaviours are known to help prevent cardiovascular disease, diabetes and some forms of cancer.

"Marital status affects health locus of control," says Martin Lindström, a professor of social medicine at Lund University in Malmö, Sweden.

He believes this finding is important for policy makers as they design messages to promote healthy behaviour.

While the study was conducted in a Swedish population, it may be applicable to Canada.

"Health promotion should particularly consider some marital status groups," he added.

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GET INVOLVED

MAKE THE MOST OF STUDENT LIFE WHILE ON CAMPUS

HEMERA/THINKSTOCK

BANANASTOCK/THINKSTOCK

Whether you live in residence or on your own, a great part of university life can happen on campus. But how to ensure you make the most of it?

Marlene Gross, manager of services for new students at Concordia University, says start with a full tour of campus. If you don't do it now, you might spend your entire academic career in your one corner of campus. "It really gives you a full feel of the university," she says.

Sarah Morris, assistant director of student services at Saint Mary's University, says orientation events are a good first step. "It's a great way to meet new people. Saint Mary's has (people from) over 90 countries on campus so it's a great way to see what the world is all about and stay home at the same time."

SMU also hosts a Society Expo for the more than 60 groups on campus, as well as a volunteer fare; both are excellent ways to extend your social network. At many schools you will already be paying for gym membership, or have a discounted price, so find out to what you are entitled.

Mitchell Miller, student life coordinator at McGill University, says organizations such as the Student Society of McGill University can connect you to hundreds of societies and clubs, from charities and social activism to commerce and mentoring programs with older students. Faculty and departmental clubs will give you a chance to find study buddies.

Campus life can also be a good way to try potential careers. McGill has a campus radio station, CKUT, for those interested in broadcasting.

"Student life is a really important way to get involved in it," he says.

Student newspapers are another way to gain writing experience, and to go to fun events. Mitchell says he was a very involved student and it paid off. "The skills it helped me build are so helpful now in my career path," he says. "It really increases your social circle."

Marlene Gross cautions that your workload in September is probably the lightest it will be all year, so be careful not to over-commit to extracurricular activities. Get an agenda and mark out your fixed items like classes, study time and work shifts, and then think about what else you can manage.

"It's all about balance and time management. It's important to get involved, but not to skip classes," she says.

– Jon Tattrie

ROBERTSON COLLEGE PHOTO

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You can't learn everything you need from books — everyone knows that. But not many colleges know it. Robertson College is an exception.

At Robertson, you are given both knowledge and the means to apply it. You will study soft skills, like team building, that make professional success possible. You will learn how to interview well, how to write quality resumés and cover letters, even how to dress for success. And you will get opportunities for hands-on education, too.

"We don't confine your learning to the classroom alone," says Rita Kroeker, manager of education.

"We send our students into the community, to learn first-hand about the fields that interest them."

If Robertson is training you to be a legal assistant, you will visit a law court to observe the proceedings. Students in the veterinary office assistant program visit pet stores. Those training to be health-care aides visit nursing homes.

"We've also invested a lot of money into our on-campus labs," says Kroeker. "Students learn the theory they need in the classroom, then visit the labs to put it in practice. These spaces have many uses. The health-care aide students, for example, use labs to practise personal care techniques on a life-size mannequin. They even practise feeding each other. These are just a couple of examples."

Ready to learn more? You can schedule an appointment with a Robertson College career counsellor any time you wish. Just call the Robertson College direct line at 204-943-5661, or email Info@Robertson-College.com. For more information, visit robertsoncollege.com.

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SPEAK FRENCH WITH FLAIR AT SAINT-BONIFACE

POLKA DOT IMAGES/THINKSTOCK

While one week may not find you speaking the language of Molière fluently, an intensive course offered at the Université de Saint-Boniface can help you speak it with a little more flair and — pun fully intended — élan!

"We get people from all levels, but the people who get the most out of the program are those who have some basic French skills," explained Erika Morin-Nett, co-ordonnatrice — division de l'éducation permanente (co-ordinator of the division of continuing education) at Université de Saint-Boniface. "We do get a lot of people who are quite fluent and are looking for maintenance work on their French."

The Élan program consists of two or three groups of five to 12 students, which allows for plenty of individual attention. Morin-Nett added the groups are made up of learners at similar levels, and students range from civil servants, health-care professionals, and university professors looking to beef up their language skills to retirees taking a crash course prior to travelling.

"I think there is increasing awareness of the fact that it's useful to have a second language," she explained.

The course runs from 8:30 a.m. to 4:30 p.m. every day, with two evening activities. In addition to the classroom and conversational work, the students interview and survey French speakers and go out to the Saint-Boniface community to engage in real-world experiences.

And the course tends to attract repeat business. "We have a lot of people who come back regularly," she said. "They may not take every course, but they're back once a year."

For more, visit langues.ustboniface.ca or call 204-233-0210.

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ADVERTISING FEATURE

Your job connection

CONNECT EMPLOYMENT SERVICES PHOTO

To have a job and do it well, to make your own money — these are sources of pride for every young person. But for those with intellectual disabilities, preparing for and finding a job isn't easy. Connect Employment Services is there to help them.

Connect is a non-profit employment service that helps men and women of all ages find fulfilling jobs suited to their skills, interests, and capabilities. If your friend or family member has an intellectual disability as their primary disability, they may be eligible to apply for these services.

In addition to supporting adult job seekers, Connect also offers a summer program, which focuses on the needs of students aged 16 to 20. The ultimate goal of the summer program is to help these students successfully transition from school to working life following graduation — whether graduation is imminent or not.

Students participating in the summer program are matched with a Connect Employment consultant, who works with them on job development, interview preparation, resumé building, job training, and transportation training.

Following this period, which lasts about two weeks, the students participate in summer work experiences. The experience will include evaluations from their employer, and job support from Connect, as required.

To learn more about Connect Employment Services, and how it might be right for someone you know, visit www.connectemployment.ca. If you are an employer looking to hire someone through Connect, contact Charlene Stoneham, job development and marketing co-ordinator, at 204-474-1959, or via email at cstoneham@connectemployment.ca.

GROW WITH WINNIPEG TECHNICAL COLLEGE

ISTOCKPHOTO/THINKSTOCK

It may be Manitoba's smallest college, but thanks to an assortment of new programs for international students and partnerships with local unions, the Winnipeg Technical College is getting bigger every day — and it has the blueprints to prove it.

"We're growing," explains Rae-Lynn Rempel, the college's manager of marketing communications. "We've got 50,000 square feet of new construction and 25,000 square feet of renovated construction.

"With our new facilities we're also increasing the number of students we have."

Recently, the school formed a partnership with the International Brotherhood of Electrical Workers, now providing that organization with all of the training for electricians.

"It's a partnership that meets the provincial demand for electronics training," she says. "And this is an example of WTC and the union working hand-in-hand to develop the program."

This type of partnership is common throughout the school's various health-care, human services, information technology, and skilled trades programs. Each program features an advisory committee of industry representatives that is consulted when it comes time for program review. Those industry partnerships are also key in providing students with real-life work experience.

"We have work practicums in virtually all of our programs. For many students, this represents their first look at real-life training," Rempel says. "The student doesn't have to find their own placements — we have placements ready for them."

The college is home to a wide range of students. In addition to the traditional post-secondary students, several high school students from the Pembina Trails Schools take college courses. "No tuition fees trade hands," she says. "It's an excellent way for high school students to go and experience college and, in some cases, they can graduate from college virtually at the same time as they graduate from high school."

For more information, see wtc.mb.ca or call 204-989-6500.

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HERZING GOES BEYOND THE BASICS

Remaining loyal to its students has been a hallmark of Herzing College for more than 40 years — and its understanding of its students' needs has resulted in students overwhelmingly returning that loyalty.

"We survey our students anonymously a fair bit and the last question we always ask is, 'Would you refer a friend to Herzig?'" says Bill Riches, president of Herzing College Winnipeg. "In our last survey, completed in August, we're at over 98 per cent who said 'Yes.'"

Established in 1970, Herzing College focuses on offering programs in health care, specialized office careers, and networking. The school attracts a wide variety of students, ranging from presently employed people looking for a career change, to former university students looking to develop career-specific skills, to those recently laid off, and homemakers ready to re-enter the workforce. But in spite of that diversity, there is one commonality.

"Our typical student is in their low 30s and female," Riches says.

The reason, Riches explains, is due to the type of courses the school offers. "We train people for careers in the health-care, business, and technology industries. Courses like clinic office assistant and medical lab assistant — those tend to be virtually all female."

Riches says the school offers a variety of programs to help students transition back into the educational world.

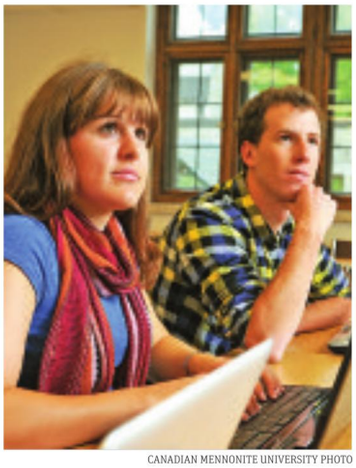
In addition to the theoretical and practical aspects of their courses, Herzing goes beyond the basics to help improve its students chances of success.

"We certainly recognize that people are coming to us because they want a job; every course has a career development component — how to conduct yourself in an interview, know how to write a resumé and cover letter, how to conduct yourself in a mock interview," he says. "We will work with the student until they're hired."

And beyond. Herzing students are able to return to take courses at any time in the future at no cost. The approach seems to be working. "Last year, in 2011, 89 per cent of our graduates were hired into full-time employment in their field of study," Riches says.

For more information, call 204-775-8175 or visit herzing.ca.

RED RIVER COLLEGE
OF APPLIED ARTS, SCIENCE AND TECHNOLOGY
Choose Your Adventure
"Red River College taught me how to find and tell good stories using words, images and video. Adding a dash of adventure was my own idea."
Writer, adventurer, and Red River College alum Cameron Dueck (Creative Communications, 1996) got his first taste of the globetrotter's life while working as a journalist stationed in Chicago, New York, Singapore and Hong Kong.
He's since toured throughout Asia and the Middle East, dodged pirates off the coast of Yemen, and sailed through sand storms in the Red Sea before crossing the Atlantic Ocean. Cameron's recently released book and film, The New Northwest Passage, detail his voyage through Canada's Arctic – combining a story of grand adventure with reporting on climate change, and the challenges faced by the region's Inuit communities. Earlier this month, he embarked on his latest adventure – a 25,000-km motorcycle tour from Manitoba to South America, during which he'll explore the state of modern Mennonite culture.
Photo Credit: Drew Fellman (above), Tobias Neuberger (inset)



CANADIAN MENNONITE UNIVERSITY PHOTO

MAKING BUSINESS GOOD FOR EVERYBODY

Any school can teach you about what's good for business. But at Canadian Mennonite University, you can learn about making business good for everybody else.

CMU's Redekop School of Business prepares you to take on the challenges of a global business environment while maintaining your core values as a CMU student. Using an interdisciplinary approach, the school prepares people of faith to engage in business that makes a positive impact on the world.

The School of Business offers a four-year bachelor of business administration (with a five-year co-op option), with majors in business management, not-for-profit management, accounting, and human resources management. It also offers three- and four-year bachelor of arts degrees, with majors in business and organizational administration.

Redekop students have the opportunity for a comprehensive and unique business education, enhanced by modern technology. They will, for example, be able to interact with global business and not-for-profit leaders through touchscreens in the classroom. The school's top-quality professors are even more effective thanks to a student-to-faculty ratio that favours the student. Business co-op experience, or even a term of study abroad, are also possibilities.

The Redekop School of Business is named for the Redekop family of the Fraser Valley, in B.C. Jakob and Maria Redekop, together with their four children, fled to Canada from the Soviet Union following the Second World War. They spent four months in Manitoba, where they were welcomed by family and church, before settling in British Columbia.

To learn more, visit cmu.ca.

LEARN A NEW SKILL SET QUICKLY WITH PACE

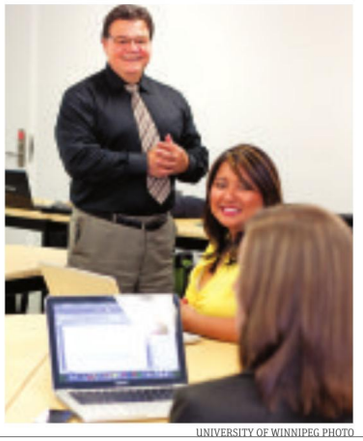
Being a management professional keeps you busy. It's hard to make time for the kind of ongoing training that keeps you up-to-date and marketable. But you do have options. About 40 of them a year, in fact.

Professional Edge seminars are designed to give you the knowledge you need without a serious time commitment. Offered through Professional, Applied and Continuing Education (PACE) at the University of Winnipeg, these one- or two-day seminars are led by leading industry experts familiar with real-life workplace demands. With their help, you will learn what you need to stay current, at a time when it's most convenient for you.

PACE offers some 40 different Professional Edge seminars between September and June, some of them on Saturdays. Seminar titles include blogging fundamentals, coaching new employees, managing and resolving conflicts in the workplace, and work/life balance. For a full list of seminar topics and dates, visit pace.uwinnipegcourses.ca.

Enrolment in these seminars is open to everyone, for a low price that includes all course materials plus a continental breakfast. Classes are kept small, hands-on, and interactive. If you have questions, you will be free to ask them. In the time it takes you to complete a day of work, you will gain a new skill set, and the ability to solve problems that eluded you before.

There is no registration deadline for Professional Edge seminars — you can even join one the morning it happens, if there is still room. To register today, or for more information, call 204-982-6633.



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That's where CareerBear.com comes in to save the day. The site is Canada's premier information source for people who want a new career, but aren't sure where to start their search.

One of the things that makes Career Bear so unique and effective is that its content is Canadian, so the articles are tailored specifically to what's happening in Canada, as well as what will be happening in the future. This ensures the information is relevant and applicable to readers.

ISTOCKPHOTO/THINKSTOCK

At the home page of CareerBear.com, you can browse careers by industry, salary, outlook or alphabetical listing. On each career page, you will find job profiles, quick career facts and training programs near you.

In other words, not only does Career Bear provide you with information about how to make the move, but it also suggests programs and schools in your area that can help make the dream a reality.

To date, more than 65 detailed profiles have been written about careers in fields such as business, writing and language, creative arts, engineering and science, culinary arts, IT, trades, medical and health, legal and professional, and more. As time goes on, this number will only continue to grow.

Career Bear is loaded with great content and in the coming weeks (and months), it will continue to add great general interest articles. Topics that have been covered recently include why you shouldn't stay in the same job for more than five years, the careers with the fastest salary growth, the best jobs for working moms, and the 10 hottest career options for the next five years.

Check out CareerBear.com today to get a head-start on landing your dream job of tomorrow.

HAVE A QUESTION?

Are you looking for information on a career that isn't featured (yet) on Career Bear? Get in touch via email at contact@CareerBear.com on what career the site should be profiling, as well as any other thoughts you have about the site.

Career Bear

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RED RIVER DELIVERS QUALITY

Understanding that there is no one definition for today's student, Winnipeg's Red River College is committed to exploring all ways to deliver quality education to all interested students.

"With over 200 full-time and part-time degree, diploma, certificate, and apprenticeship programs, we offer a variety of courses and employ a flexible delivery style," says RaeAnn Thibeault, dean, school of continuing education. "We offer the whole gamut in a variety of ways to meet the needs of all students."

The school is constantly working with local industry to determine which courses it should add or which existing courses it needs to amend.

And it's through that type of consultation that courses like the upcoming funeral director and embalmer certificate came about. This program also incorporates on-site training in which the school takes pride.

"We are an institute of applied learning so the majority of the programs have that practical component, placements, and practicums," she says. "Much of the (funeral director) program will be offered for distance learning. We've made arrangements with various funeral homes across Manitoba to do the practical."

Most courses are three to 10 months in duration, Thibeault explains. The school's 15-week railway conductor certificate program is the only accredited program in the nation, leaving students eligible to get jobs across Canada.

Red River College is not just committed to helping students find their educational path, but also to giving them the resources to help them successfully navigate it.

"We have an information specialist, so if a student doesn't know what they want to take or what qualifications they require, we can work with them to customize something that works for them," she says. "The college also offers tutoring support — many students are coming back to school after being away for a long time."

Understanding that need, the school offers 12 hours of tutoring per 40-hour course at no additional cost to the student.

For more information, see rrc.mb.ca or call 204-694-1789.

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REACH OUT AND TOUCH YOUR DREAMS

AT THE WELLINGTON COLLEGE OF REMEDIAL MASSAGE THERAPY

DAVID DE LOSSY/DIGITAL VISION/THINKSTOCK

One would be hard-pressed to think of an educational opportunity that would be more hands-on than massage therapy, but the Wellington College of Remedial Massage Therapy has developed a way for prospective students to follow their dreams, regardless of where they are physically.

"Wellington College offers two programs in remedial massage therapy," says Brie-Ann Timings, Wellington's public relations/workshop co-ordinator. "Our full-time program is Monday to Thursday with periodic additional classes on Friday, and takes two years to compete. Our distance education program requires the students to come to the college for one seminar weekend a month.

"The program spans three years and many students in the program travel from as far as Thompson and as close as Winnipeg each month."

In general, the two styles of courses attract two distinct demographics: The full-time program is predominantly populated by those right out of high school up to their mid-20s; the distance education program participants are often older and looking to switch careers.

But regardless of whether you are fresh out of high school or have not seen the inside of a classroom for decades, Wellington College offers support services to help tailor education to one's individual style.

"Before the student even enters into an entrance interview with the principal, they fill out a learning styles sheet that tells us what their primary learning style is," she says. "Once they are in class, the instructors are made aware of the different learning styles and try to cater their materials to those different avenues."

Last year, as per the college's 2011 exit interviews approximately 90 per cent of graduates had jobs lined up. And while many students go on to own their own clinics, it doesn't mean that they leave Wellington College behind. The school is the only organization in the province outside of the Massage Therapy Association of Manitoba to offer accredited continuing education workshops.

"Our mission extends to creating a supportive and progressive environment for professional skilled individuals in remedial massage therapy, expanding continued education in many forms," Timings says.

Workshops offered this year include: Palliative care; pregnant pelvis; hot stone massage; sports massage therapy series; breast massage; and aromatherapy.

For more, see wellingtoncollege.com.

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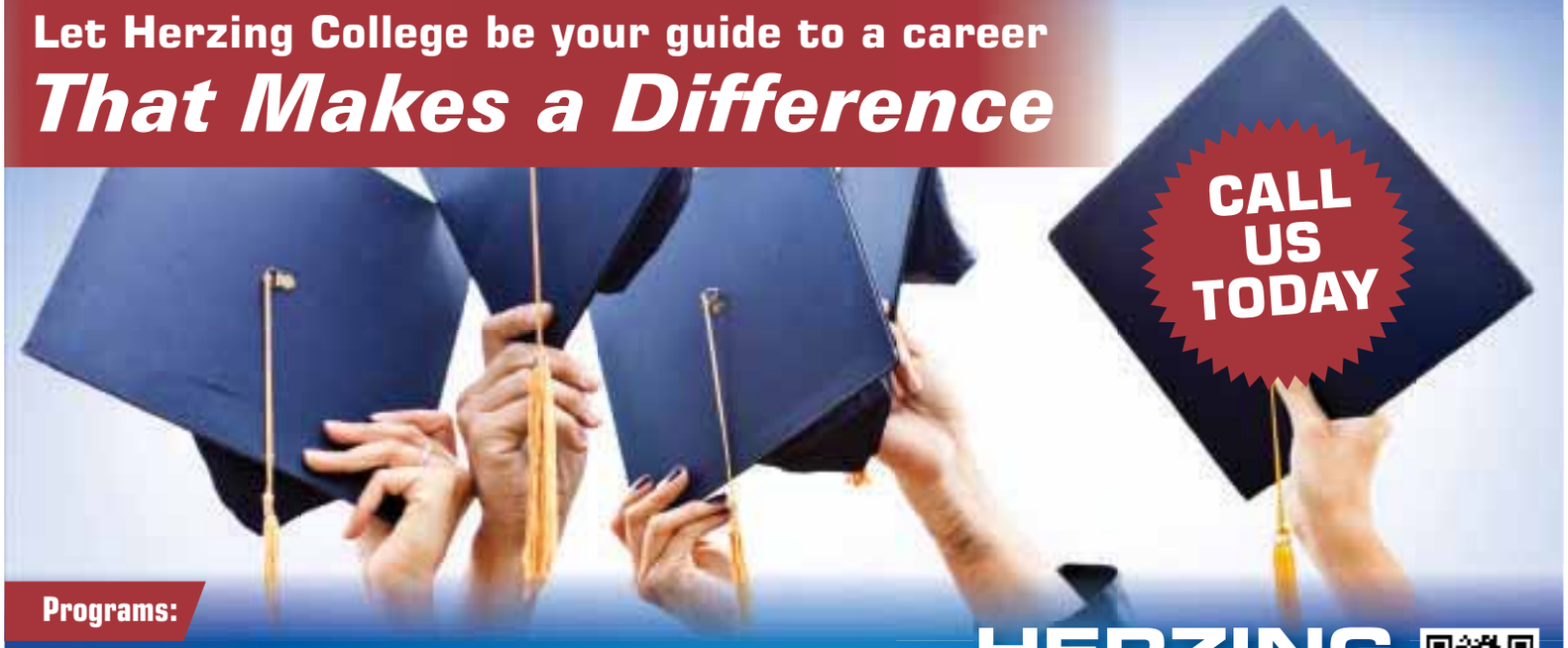

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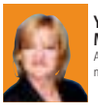
The vicious cycle of debt can be broken if you take the time to plan ahead. ISTOCK IMAGES

Get ahead this holiday season by planning ahead

Alison's Money Rule.
Plan now to break habit of overspending during Christmas



YOUR MONEY
Alison Griffiths
money@metronews.ca

Good news! The Canadian Payroll Association's annual survey found that fewer of us would be in financial difficulty this year if a pay cheque was delayed — 57 per cent compared to 47 per cent in 2011.

Now for the bad news! The fact that nearly half of all Canadians would still face severe problems, coupled with record family debt loads spells trouble. It means that any financial emergencies (and life does throw them at us) would have to be paid through greater debt.

The vicious cycle of debt can be broken. But in order to get ahead you have to plan ahead.

Take the holiday season, for example. Canadians spend about $600 to $800 on gifts and that much again on food, decorating and entertaining. Surveys show that Canadians want to spend less but lack of planning and last minute shopping keep tipping us over budget.

There are 14 weeks until Christmas. You'll cut your holiday spending drastically if you create a plan.

1. Go light on the list
Do your holiday list right now and slash it by half, at least. Cards, letters and phone calls are a wonderful substitute.

2. Re-gift
Ten per cent of Canadians give presents they know that the recipient won't like. Go through your house and see what you can find. Also, create a re-gift box and add to it throughout the rest of the year.

3. Use points
Cash in loyalty points for movie coupons or gift certificates.

In numbers

30%

Thirty per cent of Canadians do most of their holiday shopping in the 10 days before Christmas.

4. No gift zones
Extended family members might be happy not to get a present if they don't have to give one. Also have your kids make cards for teachers, coaches, tutors, etc. They'll appreciate the effort more than a drugstore soap set.

5. Go with gift baskets
Plan them now and add items during sales. It is actually very enjoyable if you aren't stressed and doing it last minute. Three years ago a beloved dog died and a friend dropped off a basket with winter greenery, homemade jam and a couple of biscuits to cheer up our other dog. Perfect.

Hacked! Learn some anti-fraud practices

FUN AND FRUGAL
Lesley Scorgie
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Changing your passwords regularly is the best way to protect yourself from fraudsters. ISTOCK IMAGES

While on a fabulous European vacation last week, my social media accounts were hacked. The fraudster used a free 'secure' Wi-Fi zone at my hotel to pry into my private information.

Unfortunately, hundreds of fake emails and direct messages were sent out under my name and my business VISA account was compromised before I became aware of the issue.

I always take careful precautions to protect my private information, but I've learned from this experience that I need to step up my anti-fraud efforts.

Hands down, the best way to protect against fraud is to prevent it from happening in the first place using common sense and adopting some anti-fraud best practices.

Use secured wireless networks when you access the Internet. I could have potentially prevented my fraud experience by avoiding signing into my accounts while on an unfamiliar server.

I also made the mistake of not logging off my accounts immediately when I was finished.

When I reported my fraud, the very first thing I had to do was reset my passwords and make them more complex.

As a best practice, change your passwords regularly (every few months).

Ensure the password is difficult for fraudsters to guess and contains a combination of numbers and letter.

When surfing the Internet or social networking sites, limit the amount of information you disclose.

Whether through email or on the phone, never give out your address, phone number or banking information to an unfamiliar source.

Filter out bogus emails and phone calls. If you receive unsolicited email requests for information or even to click on an unfamiliar link, verify the message and sender using a third party unrelated to the message.

If you don't recognize a phone number, don't pick it up. Legitimate people will leave a message.

When shopping online, ensure payment websites are secure.

If you're not sure it is, call the company that makes the product directly and talk to customer service manager.

Ensure your computer's operating system is fully updated and that you have a robust security system that blocks pop-ups and includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Last, check your credit score at least once a year to see that there are no errors or items you don't recognize.

If you discover a problem, contact the credit bureau immediately and bring in law enforcement if you believe you've been defrauded.

SPORTS 4

Future uncertain for locked-out free agents

NHL. Work stoppage puts careers on hold and deters deals for unrestricted players

Two and a half months after becoming an unrestricted free agent, Kenndal McArdle is still waiting for the phone to ring.

And with the NHL in a lockout, it's unlikely he'll be getting contract offers any time soon.

"(The long wait) is something that can be frustrating, because the unrestricted free agent market is a lot smaller this summer because of the lockout," said McArdle, a 25-year-old Toronto native who grew up in Burnaby, B.C.

"There's more worrying and more uncertainty in your life. For a lot of us, hockey is our livelihood, and the uncertainty increases the amount of stress in your life. So it's been a long summer, to say the least."

McArdle is among a large group of unsigned players, young and old alike, who are waiting for the next collective bargaining agreement to determine where they will play.

Theoretically, McArdle and his contemporaries have time on their side and should be able to rebound from the lockout's impact on their careers — but the older players do not.

McArdle spent 2011-12 with the Winnipeg Jets organization, suiting up for nine NHL games. Once considered a can't-miss kid, the winger is concerned the lockout will enable a new group of prospects to make their marks in the minors, and threaten his job security.

"It gives the young guys, or the guys that are coming up, another year to mature, another year to get ready, especially with the guys who will continue to play in the American Hockey League," said McArdle. "It can help them to propel themselves up to the next level."

McArdle's agent Kevin Epp predicts there will be a "big rush" of signings once a new collective agreement is reached.

Clubs that are close to the old cap have delayed signings until the new financial framework is set. Consequently, many players and agents are in wait-and-see mode.

"It's funny when you talk to (players), because they only know what we tell them — and we don't know a lot if nobody (at the CBA negotiating table) is doing anything," Epp said.

"It's just (respecting) what history has shown us, and (understanding) how we have to be patient."

THE CANADIAN PRESS

Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for an informal training session at the Habs' practice facility on Monday in Brossard, Que. GRAHAM HUGHES/THE CANADIAN PRESS

Quoted

"The current (unrestricted free agents) are in limbo because the first wave was signed and now everybody's waiting to see what the cap number will be."

Agent J.P. Barry

NHL

Habs players lead major exodus to minor league

The Montreal Canadiens have assigned 21 players, including forwards Blake Geoffrion and Louis Leblanc, to the American Hockey League's Hamilton Bulldogs.

The move comes after the NHL locked out its players on Saturday.

The Canadiens also assigned forwards Alexander Avtsin, Alain Berger, Michael Blunden, Michael Bournival, Gabriel Dumont, Brendan Gallagher, Patrick Holland, Philippe Lefebvre, Joonas Nattinen, Steven Quailer and Ian Schultz.

Defencemen Nathan Beaulieu, Morgan Ellis, Brendon Nash, Greg Pateryn, Joe Stejskal and Jarred Tinordi and goaltenders Peter Delmas and Robert Mayer will also suit up for Hamilton.

All the players assigned are on two-way, entry-level contracts.

THE CANADIAN PRESS

MLB. Jays looking into reported homophobic slur on Escobar's eye-black

The Toronto Blue Jays say they're looking into reports that shortstop Yunel Escobar played Saturday's game against Boston with a homophobic slur written in Spanish under his eyes.

Several pictures posted online show Escobar with the message written in his eye-black, a type of sticker players wear under their eyes to reduce the sun's glare.

The words under the 29-year-old Cuban's eyes were "TU ERE MARICON" which can be translated as "You are a faggot."

"The Toronto Blue Jays do not support discrimination of any kind nor condone the message displayed by Yunel Escobar during Saturday's game," the team said in a statement.

"The club takes this situation seriously and is investigating the matter."

THE CANADIAN PRESS

Jays shortstop Yunel Escobar at Rogers Centre on Saturday. GETTY IMAGES FILE

NHL

Wild get creative to keep ticket holders on board

The Minnesota Wild are offering season ticket holders 10 per cent interest in return if they keep their accounts paid in full during the NHL lockout and don't request a refund.

The Wild announced Monday they'll credit those season ticket holders for any cancelled games, plus 10 per cent interest on the dollar value of tickets for the lost games. That can be applied toward future games or subsequent season renewals. Credit will be issued when a new collective bargaining agreement is reached between the owners and players. THE ASSOCIATED PRESS

CFL. Lineman Caroll gets another shot with Bombers

As they try to rescue what's left of the season, the Winnipeg Blue Bombers have signed import defensive lineman Andre Caroll to their roster.

Caroll was a training camp cut by the Bombers and registered two tackles and one sack during the pre-season.

He attended training camp last year before being released and attending training camp with the Cleveland Browns.

As a senior at Delaware State, the six-foot-two, 300-pound lineman set a record for single-season tackles by a down lineman with 96.

The Bombers (2-9) also placed defensive tackle Brandon Collier on the nine-game injured list. THE CANADIAN PRESS

Andre Caroll with the Cleveland Browns in fall 2011. GETTY IMAGES FILE

Mobile sports

Qriket

Questionable calls by replacement officials in Week 2 are not sitting well with players and coaches around the NFL. Some are fuming and others wonder if the league is concerned about the integrity of the game.

Horoscopes

♈ Aries
March 21 - April 20
The only worry now is that so many things are going well for you that you take too much for granted and end up making some kind of silly mistake. Watch out for little things that might trip you up.

♉ Taurus
April 21 - May 21
Act quickly if you have a good idea or see an opening that others appear to have missed. Pluto's positive influence means it's OK to be forceful when dealing with others, as long as you have a specific goal.

♊ Gemini
May 22 - June 21
The current cosmic set-up will make it easy for you to find extra cash if you need it, but you've still got to make an effort. Yes, you might win the lottery but be reasonable, the chances are slim.

♋ Cancer
June 22 - July 23
The planets indicate that whatever has gone out of your life over the past few months will be replaced by something infinitely better over the next few weeks. Think positive and positive things are sure to happen.

♌ Leo
July 24 - Aug. 23
Steer clear of people who display negative attitudes, even if they are people to whom you are close emotionally. You have important things to take care of today, things that make a positive outlook a must.

♍ Virgo
Aug. 24 - Sept. 23
With Pluto, planet of passion, turning direct in the area of your chart that governs affairs of the heart, this is the ideal time to let that special person know how you feel about them. Don't just say it — show it.

♎ Libra
Sept. 24 - Oct. 23
Whatever happens today, be it good, bad or indifferent, you will handle it with courage and confidence. This is an especially good time to make decisions about family issues. Let your intuition guide your actions.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how well you think you are doing, you should be doing even better. Set your sights high and don't rest until you have realized your dream. You can't just sit back and let life come to you.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to take drastic measures to put right a financial issue that has been worrying you — and that's exactly what you should do. You have more to gain than you have to lose.

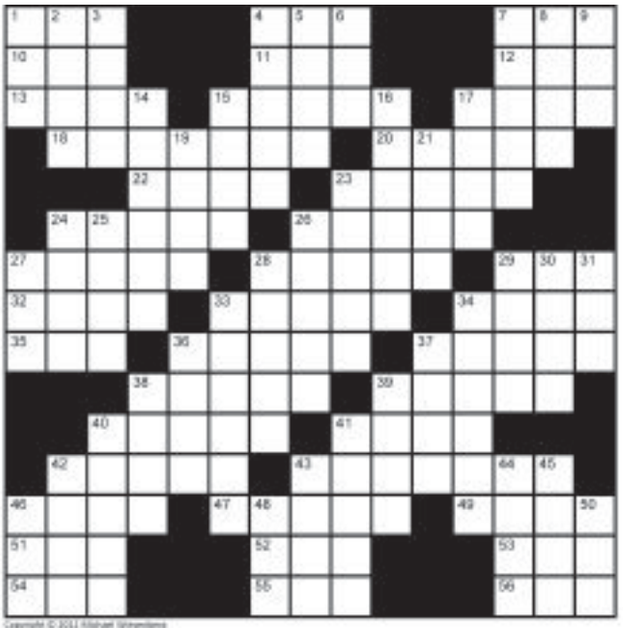
♑ Capricorn
Dec. 22 - Jan. 20
Don't waste your precious time seeking other people's approval, just get on and do what needs to be done. Not everyone will agree with your aims, and fewer still with your tactics, but why do you care?

♒ Aquarius
Jan. 21 - Feb. 19
As much as possible, try to convince others to go along with your plans rather than force them to do as you say. Just because you have the power to order people about does not mean you have to use it.

♓ Pisces
Feb. 20 - March 20
You will perform miracles today. No matter how difficult the task you are faced with, you will find a way to make a success of it. Friends and rivals alike will praise you for a job well done. **SALLY BROMPTON**

Crossword: A Few PMs

BY MICHAEL WIESENBERG



Across
1. Likely
4. CBS forensic drama
7. Canadian pols
10. Cow sound
11. Ad ___ committee
12. Evolutionary time period
13. Vassal
15. PM St. Laurent
17. Pack away
18. ___ Canadian (beer)
20. Scarborough, Ontario-born Austin Powers player Mike
22. "I should be sleeping like ___": line from "A Hard Day's Night" (2 wds.)
23. Portion
24. Sys ___: computer department VIP
26. ___ once: suddenly (2 wds.)
27. Towelled off
28. Secret agents
29. Obsolete TV program saver, for short
32. Some August babies
33. Gives a darn
34. Will beneficiary
35. Bond creator Fleming
36. Had the courage to try
37. Tosses
38. Pop trio brothers
39. Liberal or Conservative ___
40. ___ and the whale
41. Pile
42. Got in shape, with "up"
43. R.B. ___: 11th Prime Minister, who moved to Calgary in 1897, which became his political base
46. BMW subcompact model taken over from Rover in 2000
47. Years and years
49. Toronto-based "Tom Sawyer" group
51. "___ Maria"
52. "I got an ___ the test": "I aced it" (2 wds.)
53. Scottish "no"
54. Windows 7 or Mac OS X: acronym
55. Can. neighbour
56. Elbow's locale

Down
1. Morning times, for short
2. Bard's creation
3. Matador's opponent
4. Cheech's Edmonton-born partner
5. Under: Fr.
6. Here: Fr.
7. 39.37 inches
8. Amateurs' opposites
9. Observed
14. Calgary team
15. Bird that gives its name to the $1 coin
16. Happy expressions
17. Hutterites or Mennonites
19. Skidded
21. Affirmations
23. Carried on, as a trade
24. Field
25. Edmonton-born Maple Leaf Phaneuf
26. After: Fr.
27. 551 on a monument
28. NS-born singer McLachlan
29. Bulletproof garment
30. Québec ___
31. Monopoly has 4: abbr.
33. "O" follower
34. 22nd PM, whose riding also is in Calgary
36. Finished
37. James ___: TV's *Las Vegas* star
38. ___ Mitchell: Fort Macleod, Alberta-born writer of Crosby, Stills, Nash & Young hit "Woodstock"
39. Writes
40. James Earl or Tommy Lee
41. Auburn dye
42. DVR pioneer
43. Heckles
44. Albacore in a can
45. Russian leader before 1917
46. Angry
48. ___ de Cologne
50. Bottom seam

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7	9	5		1			2
	5	3						1
2			9					
3	9				4			
	8	5				1	6	
			7				9	4
					3			5
5						6	4	
7			1		9	8	2	

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 17° MIN: 8°	MAX: 13° MIN: 5°	MAX: 11° MIN: 1°

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